



ESTABLISHED 1932

## XINGNAN PRIMARY SCHOOL

5 Jurong West Street 91, Singapore 649036

Tel: 67913679

Fax: 67921493

Email: xingnan\_ps@moe.edu.sg

Website: www.xingnanpri.moe.edu.sg

### 2022 TERM 4 LEARNING PLAN PRIMARY 5

#### PHYSICAL EDUCATION / HEALTH EDUCATION

S/N	Topic(s)/ Skill(s)	Learning Outcomes
1	Gymnastics	(Revisit) Perform a sequence of six different movements which includes jumping action, rotating action, body extensions and different movement planes, with smooth transition
		(Revisit) Perform with a partner a sequence of eight different movements each, which includes pair balances, travelling actions and a variety of position and timing.
2	Athletics	<b>Jumping (Distance &amp; Height)</b> 1. jumping for distance with single-foot take off 2. jumping for height with single-foot take off over an obstacle
		<b>Throwing at distance &amp; height</b> 1. Using a short, fast approach run. 2. Pushing a weight-appropriate shot-like objects 3. Throwing using the sidearm pattern with arm fully extended and shoulders square to the target
3	Games & Sports	<b>Keeping Possession</b> a) Send the ball to the off the ball attacker b) Support on the ball attacker c) Move beyond personal space



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		<b>Regaining Possession of the ball</b> a) Off the ball defender to move into personal space b) Into the line of space to get the ball back c) Prevent a pass or force an unsuccessful pass
		<b>Creating Space to invade</b> a) Move beyond personal space b) Send ball to off the ball attacker
		<b>Denying Space to invade</b> a) Move into the personal space b) Get the ball back, to prevent a pass or force an unsuccessful pass.
4	<b>Physical Health &amp; Fitness: Eye Infection</b>	Understand the common types of eye infections, the symptoms and causes.
		Recognise the steps to take if one has an eye infection.



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### HOLISTIC DEVELOPMENT PROFILE (HDP) TERM 4

The Holistic Development Profile provides information on levels of skills acquired by pupils for the various subjects. The focus for each semester will vary as pupils progress and develop age appropriateness. For Term 4, the focus for assessment for Physical Education and Health Education is on Gymnastics and Physical Health & Fitness.

#### QUALITATIVE DESCRIPTORS

Learning Outcomes	Beginning	Advancing	Deepening	Mastering
<b>Dance: Creating &amp; Performing</b>  <i>Perform a structured dance to the music - 'Ceimo Ceimo' (Single-Circle), 'Apat Apat' (Double-Circle) or 'Slappin Leather' (Social Dance), and repeat with modifications to movement phases</i>	Needs a lot of guidance to perform a structured dance to the assigned music, and repeat with modifications to movement phases.	Needs some guidance to perform a structured dance to the assigned music, and repeat with modifications to movement phases.	Needs little guidance to perform a structured dance to the assigned music, and repeat with modifications to movement phases.	Able to confidently perform a structured dance to the assigned music, and repeat with modifications to movement phases.



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<b>Gymnastics: Sequencing</b> <i>Perform a sequence of six different movements which includes a jumping action to a rotating with smooth transition</i>	Needs a lot of guidance to perform a sequence of six different movements which includes a jumping action to a rotating with smooth transition.	Needs some guidance to perform a sequence of six different movements which includes a jumping action to a rotating with smooth transition.	Needs little guidance to perform a sequence of six different movements which includes a jumping action to a rotating with smooth transition.	Able to confidently perform a sequence of six different movements which includes a jumping action to a rotating with smooth transition.
<b>Physical Health &amp; Fitness: Good Health Habits and Practices</b> 1. <i>Identify the types of eye infections and what causes them</i> 2. <i>Demonstrate and practice good eye care habits to prevent eye infections</i>		Needs some guidance to identify types and causes of eye infections and demonstrate good eye care habits to prevent further infections.	Needs little guidance to identify types and causes of eye infections and demonstrate good eye care habits to prevent further infections.	Able to identify accurately the types and causes of eye infections and demonstrate good eye care habits to prevent further infections.